

## Swimming Lessons

**Note: All Southern Region Swimming Lessons are held at the Bealeton Station Apartments Pool.**

### Skills Screenings

Are you unsure of what swim level to enroll your child in? For your convenience, FCPRD offers in-water skills screenings at the Larry Weeks Community Pools seven days a week during operating hours. Just come to the pool and ask to have a lifeguard give your child a swim test. Cost is the pool admission fee.

### Important to know-

- Children not toilet-trained must wear swim diapers.
- Students may need to attend several sessions of lessons before progressing to the next level.
- If a student enrolls in a lesson that is too advanced for his/her skills, FCPRD staff will make every effort to accommodate the student by placing him/her in the appropriate level. However, if the appropriate level is not available during the same dates, the registration fee will be refunded or the student may register for the appropriate level offered during a later session. The student will not be allowed to participate in a level that is too advanced for his/her skills.
- An age range is assigned to each swim class. Participants that do not fall within the specified age range on the Group Swim Lesson Chart will not be permitted to register for the swim lesson.
- Ages provided in the Swim Skills Progression Chart are the average projected progression for swim lesson participants.
- The pools are not available for public swim during swim lessons.

### GROUP SWIM LESSON SKILLS PROGRESSION

CLASS TITLE	LEVEL	RECOMMENDED AGE	CLASS LENGTH	PREREQUISITES	NEW SKILLS TAUGHT
Tadpole	Infant/Toddler	6-18 months	40 min.	Parents must get in the water.	Introduction to water, games and activities.
Frog	Infant/Toddler	18-36 months	40 min.	Parents must get in the water.	Introduction to water, games and activities.
Starfish	Preschool I	3-5 years	40 min.	Must be able to leave parent willingly and follow directions.	Water adjustment, entry, floating and breathing introduced.
Seahorse	Preschool II	3-5 years	40 min.	Must be able to submerge face with comfort and float on front and back without support.	Kick, glide and arm stroke on front and back.
Salamander	Level I	4-6 years	45 min.	Must be able to leave parent willingly and follow directions.	Water exploration for those with fear or limited exposure to water. Fully submerge face. Experience buoyancy and demonstrate basic breath control. Demonstrate supported floating and kicking on front and back. Enter water independently.
Fish	Level II	5-8 years	45 min.	Level I Completion Certificate or must be able to submerge face for 3-5 seconds and glide to instructor.	Submersion, front and back floats, leg and arm action and breathing.
Otter	Level III	6-9 years	45 min.	Level II Completion Certificate or must be able to swim 5 yards on front and back on surface of water.	Rotary breathing in front crawl and freestyle; back crawl and backstroke; elementary backstroke; treading water; diving from pool side.
Dolphin	Level IV	8-12 years	45 min.	Level III Completion Certificate or be able to swim 10 yards each front crawl with rotary breathing, back crawl and elementary backstroke.	Develop and refine elementary backstroke, breaststroke kick and sidestroke kick.

### GROUP SWIM LESSONS

**Location: Bealeton Station Apts.**

**11166 Willow Dr.**

**Bealeton, VA 22712**

**County/Non-County Fee: \$65/98**

#### SESSION I July 11 - 22 ~Register by July 6<sup>th</sup>~

OPTION	CLASS TITLE	RECOMMENDED AGE	TIME	DAYS	MAKE-UP DAY	LENGTH	BAR CODE
1	Starfish	3-5 years	8:00a-8:40a	M-Th	F	2 wks	1173
2	Seahorse	3-5 years	8:45a-9:25a	M-Th	F	2 wks	1175
3	Salamander	4-6 years	9:30a-10:15a	M-Th	F	2 wks	1177
4	Fish	5-8 years	10:20a-11:05a	M-Th	F	2 wks	1179



#### SESSION II July 25 - August 5 ~Register by July 20<sup>th</sup>~

OPTION	CLASS TITLE	RECOMMENDED AGE	TIME	DAYS	MAKE-UP DAY	LENGTH	BAR CODE
5	Starfish	3-5 years	8:00a-8:40a	M-Th	F	2 wks	1174
6	Seahorse	3-5 years	8:00a-8:40a	M-Th	F	2 wks	1176
7	Salamander	4-6 years	8:45a-9:30a	M-Th	F	2 wks	1178
8	Fish	5-8 years	8:45a-9:30a	M-Th	F	2 wks	1180
9	Otter	6-9 years	9:35a-10:20a	M-Th	F	2 wks	1181
10	Dolphin	8-12 years	9:35a-10:20a	M-Th	F	2 wks	1182
11	Frog	18-36 months	10:25a-11:05a	M-Th	F	2 wks	1171
12	Tadpole	6-18 months	10:25a-11:05a	M-Th	F	2 wks	1172

**SUMMER REGISTRATION BEGINS MONDAY, JUNE 6**